



Hudson City School District

Cafeteria Menu - M.C.S. Intermediate School (Menu may vary by school.)

September, 2017



9/4	9/5	BREAKFAST 9/6	BREAKFAST 9/7	BREAKFAST 9/8
LABOR DAY 	SUPERINTENDENT'S CONFERENCE DAY 	Cereal & Muffin	Bagel w/ Cream Cheese	Ultimate Breakfast Round & Yogurt
		LUNCH	LUNCH	LUNCH
		All Beef Hot Dog on Whole Wheat Bun Vegetarian Baked Beans Tator Tots Fruit Choices, Milk	Spaghetti w/ Meatballs Tossed Salad Whole Wheat Dinner Roll Fruit Choices Milk	"The Max" Stuffed Crust Pizza Green Beans Carrot Sticks Fruit Choices Milk
BREAKFAST 9/11	BREAKFAST 9/12	BREAKFAST 9/13	BREAKFAST 9/14	BREAKFAST 9/15
Breakfast Pizza	French Toast w/ Syrup	Yogurt Bar w/ Fruit & Grain Toppings	Breakfast Sandwich (Egg & Turkey Bacon on Biscuit)	Muffin & Yogurt
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Nuggets Mashed Potatoes, Gravy Steamed Carrots Whole Wheat Dinner Roll Fruit Choices, Milk	Taco on Soft Shell Seasoned Meat Lettuce, Tomato, Cheese Salsa, Corn Fruit Choices, Milk	Mozzarella Sticks w/ Dipping Sauce Romaine Salad Roasted Chick Peas Fruit Choices, Milk	"Bluehawk Special" Cheeseburger on W.W. Bun Lettuce & Tomato Smile Fries Fruit Choices, Milk	Tony's "Smart" Pizza Steamed Broccoli Fruit Choices Milk
BREAKFAST 9/18	BREAKFAST 9/19	BREAKFAST 9/20	BREAKFAST 9/21	BREAKFAST 9/22
Mini-Bagels	Assorted Donuts	Ultimate Breakfast Round & Yogurt	French Toast Sticks	Breakfast Sandwich (Egg & Cheese on Biscuit)
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
All Beef Hot Dog on Whole Wheat Bun Vegetarian Baked Beans Sweet Potato Tots Fruit Choices, Milk	Grilled Cheese Sandwich Tomato Soup Broccoli Salad Fruit Choices Milk	Taco on Soft Shell Seasoned Meat Lettuce, Tomato, Cheese Salsa, Corn Fruit Choices, Milk	Chicken Patty on Whole Wheat Bun Lettuce & Tomato Oven Roasted Potato Rounds Fruit Choices, Milk	"The Max" Stuffed Crust Pizza Tossed Salad Greens Carrot & Celery Sticks Fruit Choices Milk
BREAKFAST 9/25	BREAKFAST 9/26	BREAKFAST 9/27	BREAKFAST 9/28	BREAKFAST 9/29
Mini-Pancakes	Breakfast Pizza	Yogurt & Muffin	Breakfast Sandwich (Egg & Turkey Sausage on Biscuit)	Assorted Donuts
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Mozzarella Sticks w/ Dipping Sauce Tossed Romaine Salad Fruit Choices Milk	"Brunch for Lunch" Pancakes w/ Sausage Tator Tots Carrot Sticks Fruit Choices, Milk	Corn Dog Sweet Potato Fries Vegetarian Baked Beans Fruit Choices Milk	Popcorn Chicken Mashed Potatoes, Gravy Steamed Spinach Fruit Choices Milk	Tony's "Smart" Pizza Green Beans Carrot Sticks Fruit Choices Milk

Breakfast Includes a Choice of Fresh Fruit, Juices, Cereals, Bagels, Milk, and the Daily Selection as Printed on the Breakfast Menu

Substitute Food Service Helpers are needed-- Applications are available in the Business Office

Ala Carte Prices:
Milk \$.50
Fruit Juice \$.50
Ice Cream \$.75
Frozen Yogurt \$1.00

Available Daily:
Pre-packed Chef Salad
Fresh or Canned Fruit
Assorted Sandwiches
Milk - All Milk is Fat Free



Menu subject to change.

All Grain Products are Whole Grain Rich

Hudson City School District is an equal opportunity employer and provider.

Please see reverse side of menu for additional offerings.

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